

HMS EB02: PHYSICAL EDUCATION



NOVEMBER EXAMINATION

PROGRAMME : B ED
MODULE NAME : PHYSICAL EDUCATION 2
MODULE CODE : HMS E0B2
DATE : 17 NOVEMBER 2017
DURATION : 1 HOUR
TOTAL MARKS : 60 MARKS

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NUMBER OF PAGES : THIS PAPER CONSISTS OF TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

QUESTION 1

(20)

- 1.1 How will you define **health-related** and **performance (sport) related fitness**?
- 1.2 List the various fitness components under the correct headings.

QUESTION 2

(10)

Discuss SPORTFITT as the principles of training.

QUESTION 3

(30)

Explain the correct protocols on how you will test a class with 40 learners for:

- 3.1 cardiovascular endurance
- 3.2 agility

TOTAL: 60 MARKS